



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

National Health Education Standards:
<http://www.cdc.gov/healthyschools/sher/standards/index.htm>

These activities will help your students learn more about the cardiovascular system and how it circulates blood throughout the body.

Related KidsHealth Links

Articles for Kids:

Your Heart & Circulatory System

KidsHealth.org/en/kids/heart.html

What's Blood?

KidsHealth.org/en/kids/blood.html

Heart Disease

KidsHealth.org/en/kids/heart-disease.html

Quiz: Heart & Circulatory System

KidsHealth.org/en/kids/csquiz.html

Activity: Heart & Circulatory System

KidsHealth.org/en/kids/bfs-csactivity.html

Words to Know (Heart Glossary)

KidsHealth.org/en/kids/heart-glossary.html

Articles for Teens:

Heart and Circulatory System

TeensHealth.org/en/teens/heart.html

Blood

TeensHealth.org/en/teens/blood.html

Hypertension (High Blood Pressure)

TeensHealth.org/en/teens/hypertension.html

Resources for Teachers:

Cardiomyopathy Special Needs Factsheet

KidsHealth.org/en/parents/cardiomyopathy-factsheet.html

Congenital Heart Defects Special Needs Factsheet

KidsHealth.org/en/parents/heart-defects-factsheet.html

Hemophilia Special Needs Factsheet

KidsHealth.org/en/parents/hemophilia-factsheet.html

Sickle Cell Disease Special Needs Factsheet

KidsHealth.org/en/parents/sickle-cell-factsheet.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. Your heart is a muscle about the size of your fist. Compare it to other muscles. Can you control it like you do the muscles in your arms or legs? Can you exercise it like you do other muscles?
2. List ways to keep the cardiovascular system in tip-top shape. What can happen if this system becomes unhealthy?
3. The cardiovascular system interacts with other body systems as it circulates blood. Discuss these interactions. What happens if another system isn't working properly? Can the cardiovascular system still do its job?



Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

Beep, Beep! Blood Coming Through!

Objectives:

Students will:

- Discover the path blood takes throughout the body
- Explore how the cardiovascular system interacts with other body systems
- Learn about healthy behaviors related to the cardiovascular system

Materials:

- Computer with Internet access
- Pen or pencil and paper or word processing software

Class Time:

3 to 4 hours

Activity:

First, read the KidsHealth.org articles about blood and the cardiovascular system. Then, in an essay, explain the path blood takes and what it does as it travels throughout the cardiovascular system. Make sure to explain the roles of the heart and lungs. Then list things people can do to help keep the cardiovascular system healthy.

Extension:

Research statistics on heart disease, then create an infographic showing the prevalence of various cardiovascular diseases. Include brief tips on how certain healthy behaviors can help prevent such diseases.



Parts of the Heart

Objectives:

Students will:

- Explore the structure of the heart

Materials:

- Computer with Internet access
- "Parts of the Heart" handout (optional)

Class Time:

45 minutes

Activity:

[Note to instructor: Your students can complete the "Parts of the Heart" handout or do the activity online at KidsHealth.org/en/kids/bfs-csactivity.html.]

Forget about most Valentine's Day cards - check out KidsHealth.org articles to see what the heart really looks like. Using that information, label the "Parts of the Heart" handout.

Extension:

Read the articles at KidsHealth.org to learn about blood pressure, then write a brief essay explaining:

- What blood pressure is
- Why it's important
- How it's measured
- What the numbers mean (systolic and diastolic pressure)

Reproducible Materials

Handout: Parts of the Heart

KidsHealth.org/classroom/6to8/body/systems/cardiovascular_handout1.pdf

Handout: Parts of the Heart Answer Key

KidsHealth.org/classroom/6to8/body/systems/cardiovascular_handout2.pdf

Quiz: Cardiovascular System

KidsHealth.org/classroom/6to8/body/systems/cardiovascular_quiz.pdf

Quiz Answer Key: Cardiovascular System

KidsHealth.org/classroom/6to8/body/systems/cardiovascular_quiz_answers.pdf

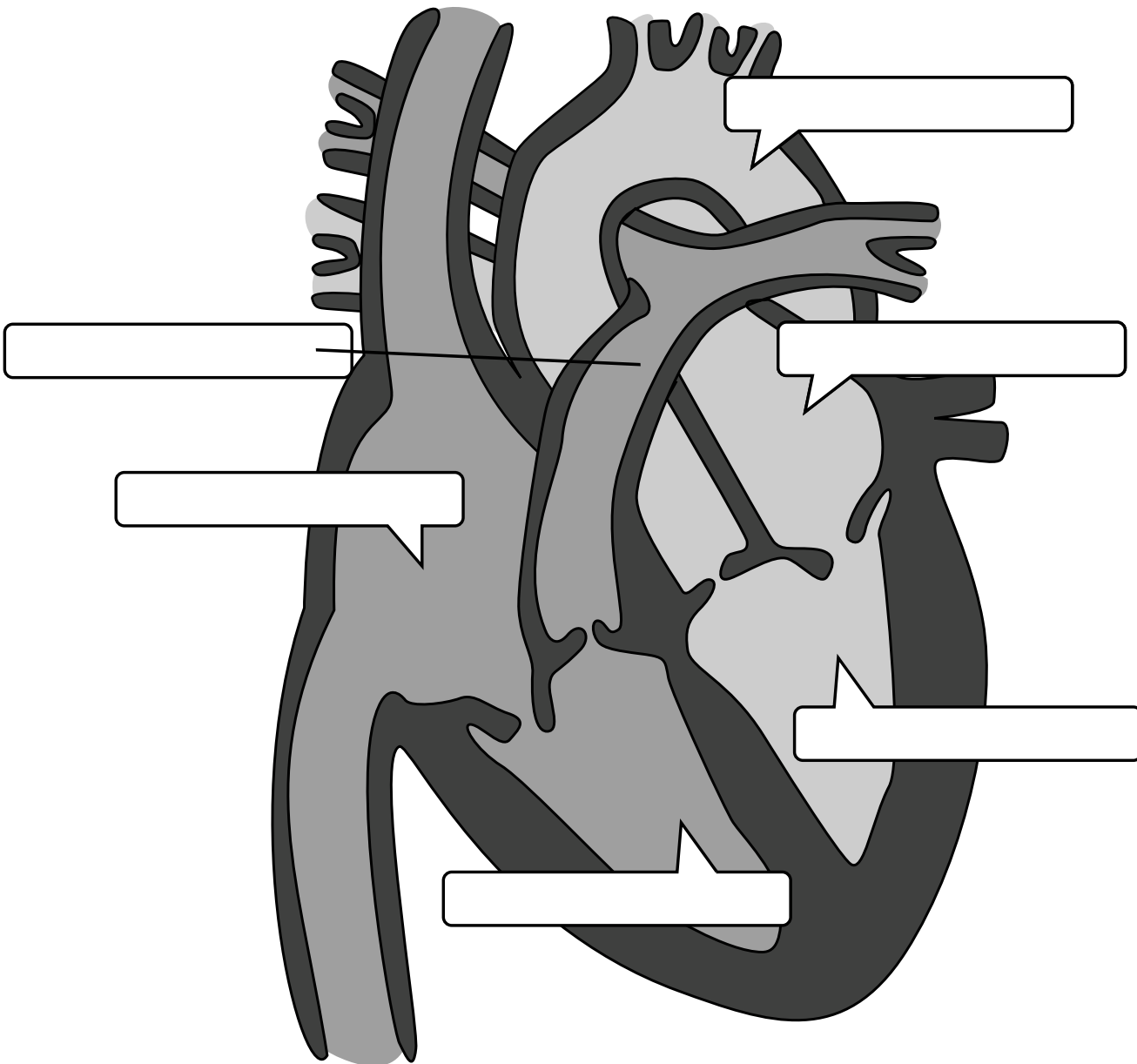


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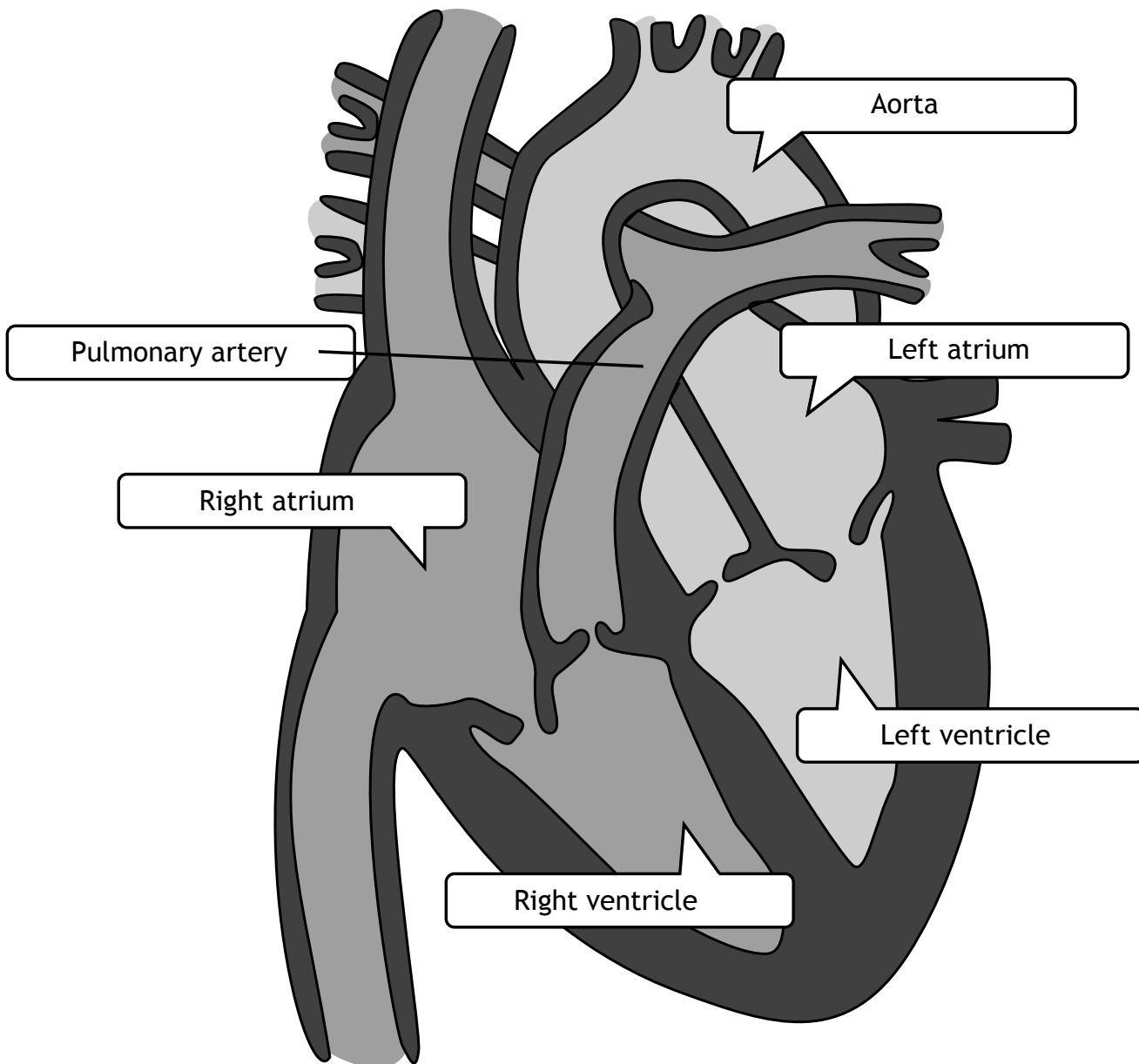
Parts of the Heart

Instructions: Label the parts of the heart.





Parts of the Heart Answer Key





Name: _____

Date: _____

Quiz

1. True or false: The heart has 14 chambers that are enclosed by thick, muscular walls.
2. The upper part of the heart is made up of two chambers, called the right and left:
 - a) atria
 - b) blood vessels
 - c) capillaries
3. The bottom part of the heart is divided into two chambers called the right and left:
 - a) valves
 - b) veins
 - c) ventricles
4. Blood vessels that carry blood away from the heart are called _____.
5. Blood vessels that carry blood back to the heart are called _____.



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